



Assistance for Unemployed California Residents - Information & Referrals

The State of California and partner organizations provide a wide range of services to help people who have exhausted, or may soon exhaust, their unemployment insurance. Unemployed individuals may be eligible for assistance to meet basic needs as well as other services such as health care, counseling, employment and training assistance. In many parts of California, you can call 2-1-1 to learn about resources in your community or contact the agencies & organizations listed below directly to inquire about their programs. Some programs may have eligibility criteria.



Get Connected. Get Answers.

Dial 2-1-1 any day, 24 hours a day, 7 days a week. You will be greeted by counselors that can refer to the local services you need.

All calls are free and confidential. They have information on local resources including utility assistance, child care, mental health, food help or workforce retraining.

See if 2-1-1 can help you, Call Now!

2-1-1 is not available everywhere

BASIC NECESSITIES ASSISTANCE

California Work Opportunities & Responsibility to Kids (CalWORKs)

Cash assistance to families with children and pregnant women in the last 120 days of pregnancy, who have little or no assets or income.

<http://www.cdss.ca.gov/calworks> or <http://www.c4yourself.com>

General Assistance or General Relief

Loans or grants made to adults without children in their home who have little or no assets or income. <http://www.csac.counties.org>

FOOD ASSISTANCE

Food Stamp Program

The Food Stamp Program helps low-income people buy nutritious food at most grocery stores and some farmer's markets.

<http://www.c4yourself.com> / 1-877-847-3663

Emergency Food Assistance Program (EFAP) & Local Food Banks

In California, federal, state and local community organizations coordinate to ensure that groceries are available at local food banks.

<http://www.cafoodbanks.org>

Free Summer Lunch Programs

Free lunches are available to all children under 18, regardless of income, every summer. <http://www.cde.ca.gov/ds/sh/sn/summersites10.asp>

School Meals

Free and reduced-price breakfast & lunch at all California public schools.

Women Infants and Children (WIC)

Pregnant women & children under 6 receive nutrition support at WIC.

<http://www.cdph.ca.gov/programs/wicworks> / 1-888-942-9675

MEDICAL CARE & HEALTHCARE COVERAGE

Medi-Cal

Pays for health care for certain low- and medium-income people.

<http://www.csac.counties.org> or <http://www.c4yourself.com>

County Health Program

Offers health care for low-income people not eligible for other help.

<http://www.csac.counties.org> or <http://www.c4yourself.com>

Community Health Clinics

California Primary Care Association can help you find a community clinic.

<http://www.cpga.org/resources/findclinic>

LOW COST CAR INSURANCE**Department of Insurance**

Learn about low-cost car insurance.

<http://www.doi.org>

CHILD SUPPORT ASSISTANCE

Request changes in your child support orders due to loss in job or UI Benefits.

<http://www.childsup.ca.gov>

COMMUNITY-BASED RESOURCES**Cal-Neva Community Action Partnership**

Local services including utility and rental assistance.

<http://www.cal-neva.org>

CREDIT CARD DEBT RELIEF**Consumer Credit Counseling Services**

A non-profit organization offering credit counseling.

<http://www.cccsstl.org/debtsolutions/index.asp>

ELDER SERVICES

Assist elders and their families to identify services and opportunities.

http://www.aging.ca.gov/local_aaa/AAA_listing.asp

FINDING A JOB**One Stop Career Centers**

Job search support and technical assistance.

<http://www.edd.ca.gov/ONE-STOP/osfile.pdf>

FINDING A JOB**Employment Development Department**

Online guides to jobs and job seeker services.

<http://www.edd.ca.gov>

MENTAL HEALTH**The Riley Guide Website**

A guide to coping with job loss.

<http://www.rileyguide.com/cope.html>

HOUSING RESOURCES**Housing and Urban Development**

To find local non-profit organizations who can offer housing assistance. <http://www.hud.gov>

Learn about avoiding foreclosure

<http://www.hud.gov/local/ca/homeownership/foreclosure>

Locate a regional housing authority.

<http://www.hud.gov/local/ca/renting/haweb sites.cfm>

Housing California

Homeless prevention programs found at:

http://www.housingca.org/nr/resources/housing_assistance/

UTILITIES ASSISTANCE

California Alternative Rates for Energy Program (CARE) offers low-income consumers a 20 percent discount on energy bills. <http://www.cpuc.ca.gov/PUC/energy/Low+Income/care.htm>

The California Public Utilities Commission (PUC) provides assistance in negotiating a more affordable payment to utility companies if a customer has trouble paying his/her energy, telephone, or water bill.

http://www.cpuc.ca.gov/puc/cec/b_paymentplan.htm

Some utilities have emergency payment assistance programs for their customers.

<http://www.cpuc.ca.gov/PUC/energy/Electric+Rates/billassist.htm>

Family Electric Rate Assistance (FERA) Program provides assistance to families with slightly higher incomes. FERA is available for customers of Southern Ca. Edison, San Diego Gas and Electric Company, and Pacific Gas and Electric Company. <http://www.cpuc.ca.gov/PUC/energy/Low+Income/fera.htm>

The Low-Income Energy Efficiency program provides no-cost weatherization for low-income households who meet the **CARE** income guidelines: <http://www.cpuc.ca.gov/PUC/energy/Low+Income/liee.htm>

The Department of Community Services and Development can connect people to home energy assistance, energy crisis intervention, and low-income weatherization programs. <http://www.csd.ca.gov>

Lifeline telecommunications program provides a discount for landline service, unlimited local incoming and outgoing calls. <http://www.cpuc.ca.gov/PUC/Telco/Public+Programs/ultra.htm>